

Stressbusters Fall 2025

Week one

MONDAY 11/17

Welcome to Stressbusters!

11:30am-12:30pm

Ross Patio

Drop by our table to tell HWE how you relieve stress & win a prize!

Community giving project:

Volunteer to sew

2:30-4:30pm

Quilters' Corner (near Hannaford)

Quilters' Corner is hosting a community project to sew 100 handmade pillowcases for Porter Medical patients. Interested in giving back and volunteering? Sign up & learn more details at [go/volunteertosew](https://go.volunteertosew)

WHY is it already DARK outside?! Walk

5:30-6:00pm

Meet on Chapel steps

Glow sticks, hand warmers, and leisurely pace. Come enjoy some movement despite a pitch black sky.

TUESDAY 11/18

Hot cocoa, chai & mulled cider at the CCI!

10:30am-4:00pm

CCI at Kitchel House

Also happening 11/19 →

Everyone is welcome to stop by Kitchel House for a warm and cozy beverage and while you're here feel free to explore our resources, ask questions, or just hang out & chill.

Take what you need

3:30-5:00pm

AFC

TWYN is a pop-up care space for unstructured down time. Hang out, create something, or just relax.

Therapy Dog Hour with Milo

4:00-5:00pm

Davis Family Library

Take a break with a friendly, furry companion, Milo the therapy dog.

WEDNESDAY 11/19

Free 15-minute massages

12:00-2:00pm

HWE Office, Ross ground floor
Sign up for a free, 15-minute stress-relieving massage!
go/HWEmassage

Calming Jars

12:45-1:45pm

Ross 011 Classroom

Join HWE & Counseling to make calming jars as a tool to soothingly and creatively practice mindfulness and emotional regulation.

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Week one

THURSDAY 11/20

Free 15-minute massages

12:00–2:00pm

HWE Office, Ross ground floor

Sign up for a free, 15-minute stress-relieving massage!

[go/HWEmassage](#)

Knots & Thoughts

3:00–5:00pm

CARE Management,

123 Battell South (Classic)

Take a breather with dogs, crafts, games, and lite snacks.

Game night with SPECS

6:00–7:00pm

Mitchell Green Lounge,

McCullough 3rd floor

Come play sex-ed themed Bananagrams with SPECS!

FRIDAY 11/21

Hot cocoa, chai & mulled cider at the CCI!

10:30am–4:00pm

CCI at Kitchel House

Everyone is welcome to stop by Kitchel House for a warm and cozy beverage and while you're here feel free to explore our resources, ask questions, or just hang out & chill.

Ramen, Coffee & Karaoke

11:00am–2:00pm

AFC

Hot soup, hot drinks, and hot mics! Join us for our annual ramen stressbuster at the AFC with a twist! While you eat, enjoy a show from your peers as they sing their hearts out!

Jewelry & sip

11:00am–12:00pm

Crest Room, McCullough

Join for a relaxing moment of making jewelry from a variety of materials, have a cozy cup of tea, and chat about ways to care for yourself during finals.

Cozy hobby connections

1:00–3:00pm

Ross B011 Classroom

Participate in a cozy hobby (like crocheting/knitting, painting, journaling) in a group that is facilitated to bring about joy and connection.

Stressbusters Fall 2025

Week two

MONDAY 12/1

Hot cocoa, chai & mulled cider at the CCI!

10:30am-4:00pm

CCI at Kitchel House

Everyone is welcome to stop by Kitchel House for a warm and cozy beverage and while you're here feel free to explore our resources, ask questions, or just hang out & chill.

Get crafty with ResLife!

3:30pm -5:00pm

HWE Office, Ross Ground Floor

Need a break? Want to get your craft on? Drop for some cozy crafts including winter diamond art, bold coloring, bracelet making, and more!

Slime making

11:00am-12:00pm

HWE Office,

Ross Ground Floor

Cultivate sensory awareness and stress relief through slime making. Plus snacks!

Letters to loved ones

7:00pm-9:00pm

BiHall

Letters to loved ones will provide a drop-in space for people to come in, write + decorate letters to their loved ones, and enjoy refreshments.

TUESDAY 12/2

Adopt a pocket pet

10:00am-4:00pm

Davis Family Library

Search the stacks in Davis Family Library, and take home a pocket pet (3D printed, fidget animal). Will you find a platypus, shark, dragon, lizard, or manatee?

Hot cocoa, chai & mulled cider at the CCI!

10:30-4:00pm

CCI at Kitchel House

Everyone is welcome to stop by Kitchel House for a warm and cozy beverage and while you're here feel free to explore our resources, ask questions, or just hang out & chill.

Plant and paint

1:00-2:30pm

Ross Fireside Lounge

Paint a pot, plant a plant, and create a care plan for both your plant and yourself!

Therapy dog hour with Milo & Taffy

4:00-5:00pm

Davis Family Library

Take a break with a friendly, furry companion, Milo & Taffy two therapy dogs.

Stressbusters Fall 2025

Week two

WEDNESDAY 12/3

Postcards of appreciation

12:30-2:00pm

Ross Fireside Lounge
Write a postcard of appreciation to someone in your life who may need to hear some encouragement during a stressful time.

Stress-Less Scavenger Hunt

Beginning at 4:00pm, ends Friday

All around campus
Visit some or all stops along the stress-less journey. Find clues at [go/SLscavengerhunt](#)

Create a punch card

2:00-3:00pm

HWE Office, Ross Ground Floor
Come create a punch card to mark self-care strategies off as a reminder to care for yourself during finals.

Self care day

4:00-5:30pm

Wilson Cafe
Students can come grab free goods (face masks, fidget toys, snacks) from MCAB

THURSDAY 12/4

Hot Cocoa, chai & mulled cider at the CCI!

10:30am-4:00pm

CCI at Kitchel House
Everyone is welcome to stop by Kitchel House for a warm and cozy beverage and while you're here feel free to explore our resources, ask questions, or just hang out & chill.

Knots & Thoughts

3:00-5:00pm

CARE Management, 123 Battell South (Classic)
Take a breather with dogs, crafts, games, and lite snacks.

FRIDAY 12/5

Free 15-minute massages

3:30-5:30pm

HWE Office, Ross ground floor
Sign up for a free, 15-minute stress-relieving massage! [go/HWEmassage](#)

Hot cocoa & mini self-care plans

3:00-4:30pm

Battell Park (near new Battell)
Come enjoy free hot cocoa and share your favorite way to take care of yourself during finals. Make a mini self-care plan for the end of the semester.

Cozy hobby connections

3:00-5:00pm

Mitchell Green Lounge, 3rd Floor McCullough
Participate in a cozy hobby (like crocheting/knitting, painting, journaling) in a group that is facilitated to bring about joy and connection.